

timhjrogers

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timhjrogers@Gmail.com

www.TimHJRogers.com/coaching



SQUATS

Jersey Rowing Club Exercise Guide

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UPRIGHT ROW

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BENCH ROW

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HAMMER CURLS

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STEP UPS

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DEAD LIFTS

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DUMB CURLS

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PULL OVER

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SPLIT SQUAT/LUNGES

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1 ARM ROW

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BENCH DIPS

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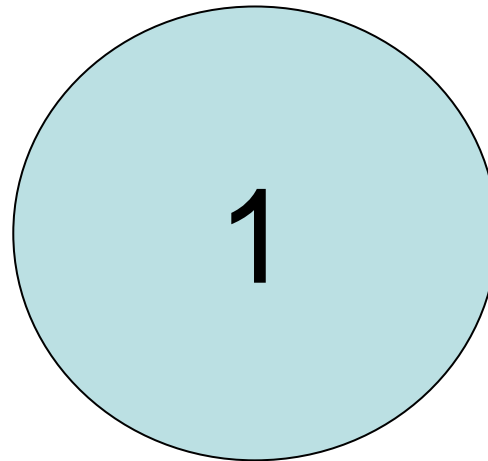


BENCH DIPS

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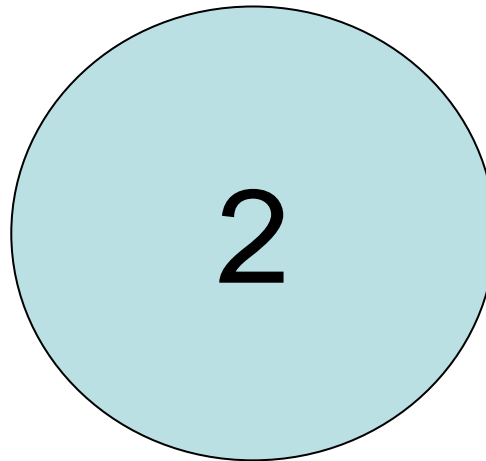
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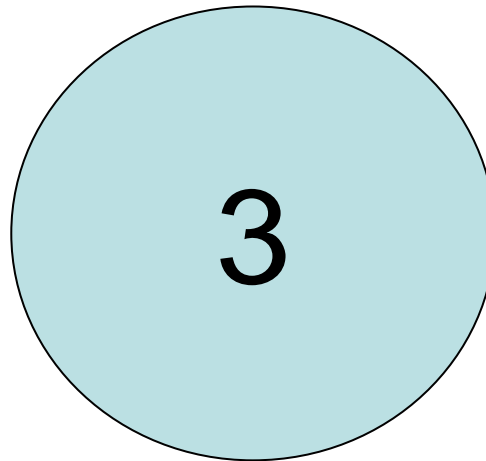
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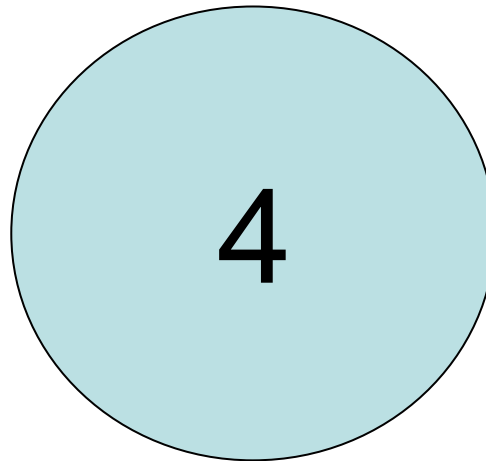
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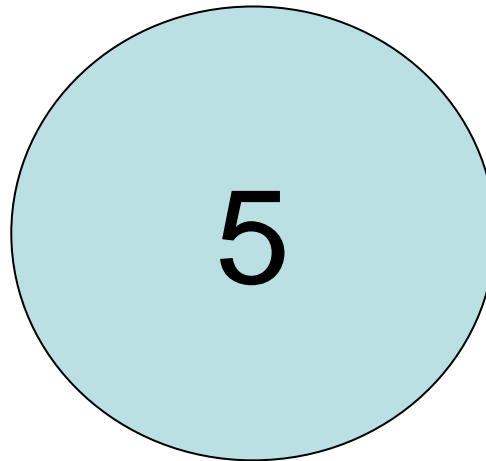
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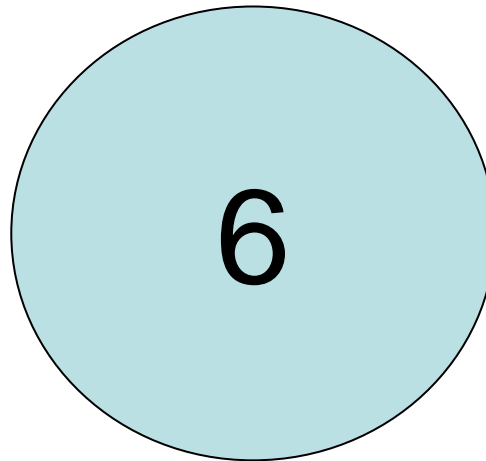
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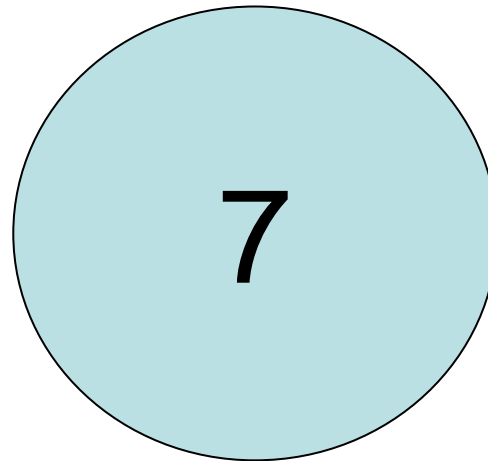
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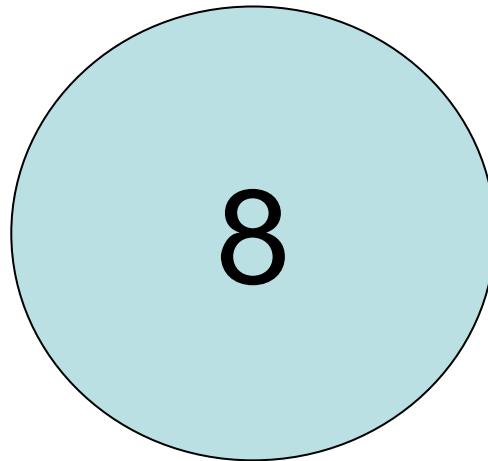
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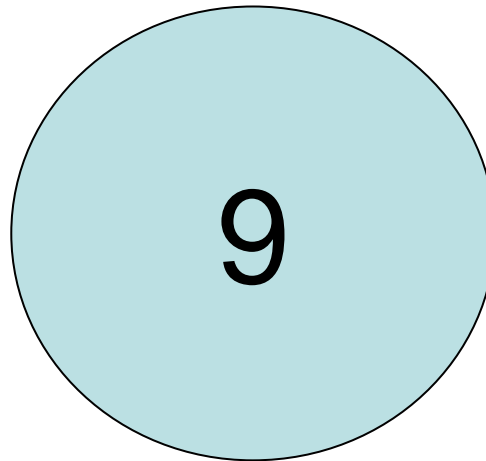
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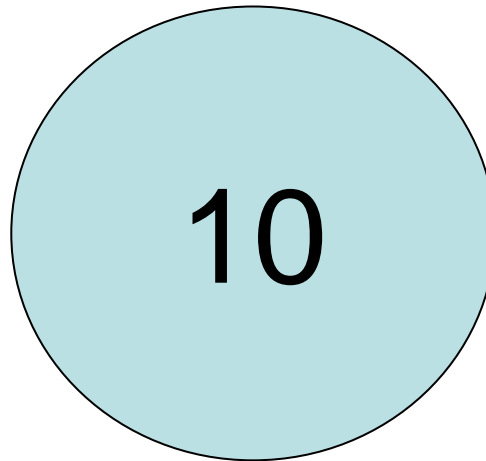
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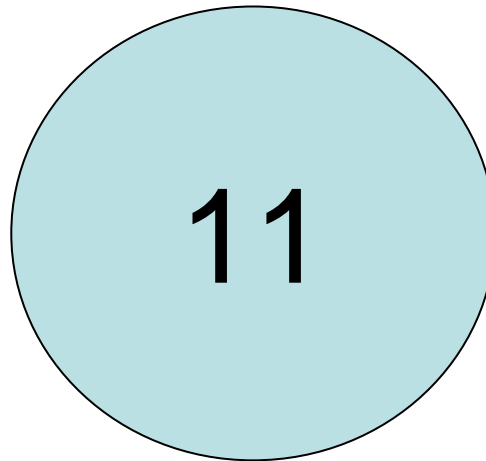
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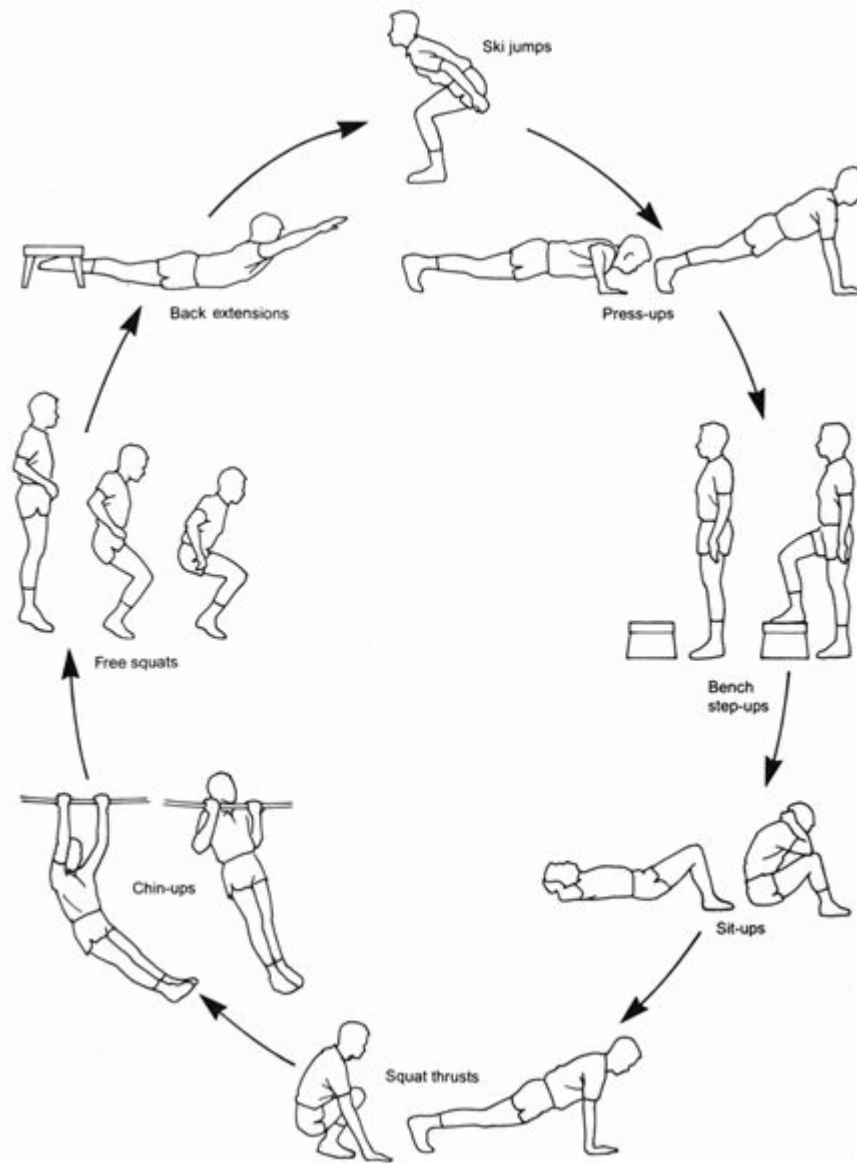
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THE KETTLEBELLS WORKOUT CHART

www.reebokfitness.co.uk **Reebok**

WORKOUT ADVICE

Warm Up:

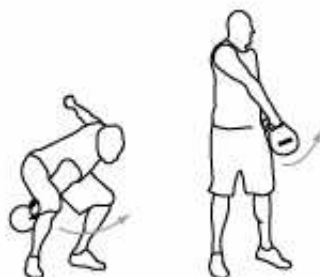
Prior to exercise, make sure you warm up thoroughly to protect against injury and prepare yourself for the activity to come. Warm up for 8 to 10 minutes by walking or jogging lightly on the spot or use a treadmill, bike or Crosstrainer. Try to include some similar movements that make up your workout and keep the intensity low to moderate without leaving you feeling fatigued. Before starting the main workout, include stretches to target your tighter muscles. The duration of the warm up will depend on the intensity of your workout as well as your own fitness level.

Make Sure:

- Ensure that you wear exercise footwear that gives good support and cushioning.
- Stop if you feel any pain or dizziness.
- Allow at least one day of rest between similar workouts.
- Avoid locking or over extending knees and elbow joints.
- Keep breathing - don't hold your breath!
- Remember to work both sides of your body equally.
- Workout to the point of fatigue but not failure.

- Rest for about 30 seconds between exercises depending on fitness level.
- Initially do 2 sets, increase to 3 or 4 as your fitness improves.

WARNING: Please read the exercise instructions prior to use. Please use the kettlebell with caution and only as described with the exercises shown here. If you feel pain you may be doing the exercise incorrectly, stop and re-read the instructions. Injury may occur from incorrect use or over use.



ONE ARM KETTLEBELL SWING

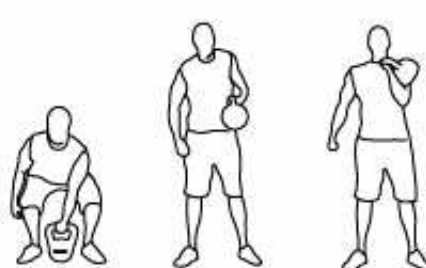
Place one kettlebell between your feet. Push back with your buttocks and bend your knees to get into the starting position (illustrated). Make sure that your back is flat and look straight ahead. Swing the kettlebell between your legs forcefully as if you are passing a football to someone behind you. Quickly reverse the direction and drive through with your hips explosively taking the kettlebell straight out. Let the kettlebell swing back between your legs and repeat. Switch arms with each set.

Remember: that the swing is primarily a hamstring exercise and that is where all the power is generated from. It is not a front raise.



KETTLEBELL WINDMILL

Clean and press or snatch a kettlebell overhead with one arm, keeping the kettlebell that is overhead locked out at all times. Push your butt out in the direction of the locked out kettlebell. Turn your foot out at a forty-five degree angle from the arm with the locked out kettlebell. Lower yourself until your non-working hand touches the floor or front foot. Pause for a second and reverse the motion back to the starting position.



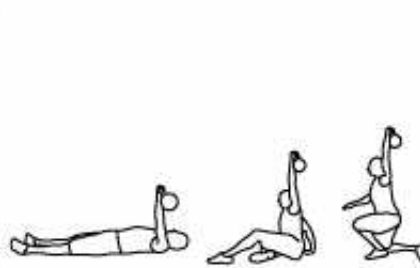
ONE ARM KETTLEBELL SNATCH

Place a kettlebell between your feet. Bend your knees and push your butt back to get in the proper starting position. Look straight ahead and swing the kettlebell back between your legs as if you are passing a football to someone behind you. Immediately reverse the direction and drive through explosively with your hips. Pull the kettlebell towards your body as if you are starting a lawn mower. The trajectory of the kettlebell will resemble a 'J-Curve' rather than an 'Arch'. As the kettlebell rises to your shoulder open your hand and get your hand around the bell rather than letting the bell flip over and bang up your wrist. Punch through straight overhead to complete the snatch.



ONE ARM KETTLEBELL BOTTOM UP CLEAN HANG POSITION

Hold a kettlebell like a suitcase. Swing it back and then forward and crush grip the handle to hold it in place in the rack position. Keep a loose grip until you reach the rack position and then crush grip the handle and flex your entire body to hold the bell in place.



KETTLEBELL TURKISH GET-UP

Lie on your back and use two hands to position a kettlebell to the lockout position of one arm. Let's use the right side as an example to discuss proper performance. Keep the bell locked out at all times. Bring your right leg in and use your right leg to pivot to the left. Roll onto your left trochanter and keep rolling until your hand touches the floor. Use your left hand and right leg to drive forward. As you are driving forward, bring your left leg in and take your right leg forward. Now keep driving forward until you are in the bottom position of a lunge. Take a second to gather yourself and then stand up.

To complete the rep, reverse the movement to get back to the starting position. Do a lunge back to the bottom, then place your left hand behind your back until you feel the ground. Bring your legs forward and use your left arm to guide you back to the starting position. Take a second to gather yourself and then proceed to another repetition.



KETTLEBELL SOTS PRESS

Clean a kettlebell and go into a full squat. Stay in the bottom position of the front squat and press the kettlebell overhead until it is locked out completely. Lower the kettlebell back to the starting position and repeat. Stay in the bottom position of the squat for the entire duration of the set. Make sure you push your glutes into your calves and contract your mid section for increased stability and power. If you cannot do a full squat, then you cannot do the Sots Press.



KETTLEBELL PISTOL (ONE-LEGGED SQUAT)

Hold a kettlebell close to your chest like a steering wheel. Hold the non-working leg up and squat all the way down with the working leg. Pause at the bottom for a second and then stand up. Pull yourself down slowly with your hamstrings and contract your abs, glutes, and quads for maximum tension and stability.



KETTLEBELL RENEGADE ROW

Get into the top position of the push-up holding on to two kettlebells that are less than shoulder width apart. Take a shoulder width stance and push one kettlebell into the floor forcefully while you pull the other kettlebell in the working arm. Hold the kettlebell in the working arm in the top position for a second and then lower the kettlebell under control back to the floor. Switch arms after each repetition.

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http://www.reebokfitness.co.uk/UserFiles/File/KettleBells_WorkoutChart.pdf

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USEFUL LINKS

http://exercise.about.com/od/exerciseworkouts/ss/kettlebellexercises_4.htm

http://exercise.about.com/od/exerciseworkouts/Strength_Training_and_Specialty_Workouts.htm